

Staff Phone Directory

AL/HC Activities

Jill Armantrout, AL Activities Mgr. - 5300
Gabby Tijani, AL Activities Coord. - 3530
Jamie Minder, HC Activities Mgr. - 4230

Beauty Shops

Tamarack - 1230
Sycamore - 2777
Health Center - 3080

Business Office

Chuck Gaskins, Dir. Financial Operations - 2190
Lang O'Mera, Accounts Payable Specialist - 2910
Melissa Wyatt, Resident Accounts Mgr. - 2920
Dawn Martine, Resident Account Asst. - 3450

Campus Environment/Maintenance

Wilson Ojwang, Dir. Campus Environment - 2260
Sharon Taylor, Secretary/Work Orders - 2200

Chaplain

April Scott, Chaplain - 1410

Dining Rooms

Tamarack, IL - 1034
Sycamore, AL - 2760
Ironwood, AL - 4910
Aspen, HC - 3245
Cedar Commons, HC - 3248
Juniper/Heatherwood, HC - 3451/3542
Willow Commons, HC - 3246

Executive Leadership

Shelley Rauch, Executive Director - 3500
Leslie Snyder Executive Asst. - 3510

Food Services

Dan Armantrout, Dir. Food Services - 3750
Thomas Balsler, IL Chef - 3751
Estelana Fairley, AL Dietary Supervisor - 3440
Anita Sutton, HC Food Services - 2340

Health Center

Shannon Harris, Dir. HC Operations - 3570
Tracy Pope, HC Admissions - 2840
Jackie Davidson, Director of Nursing - 2830
Ebony Sims, Assistant Director of Nursing - 4490

Nurses Stations

Aspen -3240, 3241
Cedar Commons - 3295, 3297
Heatherwood - 2330, 2850
Ironwood -2170
Juniper - 2770, 2790
Sycamore - 2820, 2825
Willow Commons - 5320, 5410

Housekeeping

Tammy Meadows, Housekeeping Mgr. - 1060
Housekeeping Requests - 2300

IL/AL Nursing

Jami Blanton, Nurse Mgr. - 2660
Tammy Rogers, Asst. Nurse Mgr. - 2665
Sycamore Nurses Station - 2820, 2825
Ironwood Nurses Station - 2170

Marketing

Amy Morgan, Dir. Marketing - 2140
Tracy Pope, HC Admissions - 2840
Laurie Wilson, Leisure Services Coord. - 1053
Kevin Pruitt, Transition Coord. - 5380

Receptionist — 0

Social Services

Jill Armantrout, Social Services Manager - 5300
Gabby Pollock, Social Services Assistant - 2860
Peggy Long, Memory Care Coordinator- 3296

Therapy & Wellness

Stephanie Irvine, Therapy Manager - 4222Wellness Center, Tamarack - 1051

Transportation

Willa Lawson, FT Driver - 2160
Les McConnell, PT Driver
Gary Roraus, PT driver

WVN Foundation

Tammy Stevens, Foundation Coord. - 3460

In Memoriam

Ethel "Fern" Fowler
(Fern was one of our centennial residents)
Ben Speck

Please keep their families and friends in your thoughts and prayers.

Denisse's Diversified Wellness

Denisse Garcia

Dry skin is a common skin condition as you get older. Your skin produces less oil as you age leading to itchy or dry skin. To protect your skin you want to moisturize frequently and change your shower routine during the winter months. Buy a humidifier to combat the running of heat in your home. You can also increase your intake of vitamin A which reduces collagen breakdown.

Vote

Election day is Tuesday, November 7

Voter Location: Lawrence Education and Community Center, 6501 Sunnyside (next to the Sunnyside Elementary School)

For more information call:
Election Board Phone #: 317-327-5100
RHODA 317-823-9388

Early Voting:
Weekdays:
Oct 30 - Nov 3, 11:00 am - 6:00 pm

Weekends:
October 28-29, 11:00 am - 6:00 pm
November 4-5, 11:00 am - 6:00 pm

The deadline to request an absentee ballot application was October 26.

Allow up to 14 days for the U.S. Post Office to receive your ballot. WVN is in Precinct 41, Congressional District 7, Senate District 31.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

October 27, 2023

Fresh Produce

Have you noticed the box of fresh produce offered each week for free? It has been located in the Atrium area of the Health Center, the mail room in Tamarack, and Paula's Diner. The beautiful produce comes from the Jovial Family Farm.

Jovial Family Farm found its footing in the COVID aftermath. They started the farm "to provide seniors, their families, and their communities engagement and meaning through urban agrarian and culinary activities." They have donated more than 400 lbs. of their own produce to food pantries, and partnered with schools to help teach children about eating a healthy lifestyle.

This year they are introducing *hydroponic farming* and *food as medicine* classes. They are reaching Westminster staff and residents by offering the highest quality of produce in its purest form. Collards, peppers, tomatoes, kale, and so much more!

Drs. Brian and Bobbie Jellison are two physicians who have dedicated their lives to caring for others. They are the co-founders of Jovial Family Farm. Dr. Bobbie Jellison is also the doctor who cares for our Assisted Living residents.

The Jovial Family Farm team, which includes professionals in geriatric medicine, elder law, human resources, and education, are excited to bring their work to WVN! You will hear more about them and how they are working to make our residents and staff healthier through education and engagement.

If you have a green thumb and/or an interest in spending time with others,

Jovial Family Farm is seeking warm-hearted volunteers and creative minds to join them! Jovial Family Farm is located in the Broadripple area. If you would like more information or to volunteer, contact Leisure Services Coordinator Laurie Wilson at extension 1053 or via email at lwilson@westminstervillage.com. She will pass your information to Dr. Jellison's team.

Join us for the WVN annual
Veterans Day
celebration!

Thursday, November 9, 1:30 pm
Foundation Social Hall

All staff and resident veterans will be recognized.

The Historic Fort Benjamin Harrison Legion Post 510 Color Guard will open the celebration with a Posting of Colors.

If you are a Veteran but have not notified Leisure Services, please call Laurie at extension 1053 so you are able to be recognized, whether you are able to attend the event or not.

Note: the annual Indianapolis Veterans Day parade is on Friday, November 10, 2023. Parade step-off is at 12:00 pm and starts at Michigan & Pennsylvania St. Laurie has applied for a WVN bus filled with veterans to join the parade and is still waiting to hear back.

Happy November Birthday!

Freeman, Joyce Ann	November 2
Orth, Doris	November 3
Wilson, Norman	November 3
Chilcote, Barbara	November 7
Lewis, Wanda	November 9
Eddleman, Sue	November 10
Steele, Jennifer	November 11
Shebek, Mary	November 11
Ruehl, Edward	November 13
Wendt, John	November 14
Wilkin, Jill	November 16
Roberts, Florence	November 16
Puyear, Donald	November 17
Smith, Evelyn	November 17
Church, Shari	November 18
Campbell, Donna	November 20
Horton, Rosemary	November 22
Stump, Loyd	November 23
Casey, Robert	November 23
Gillespie, Phyllis	November 24
Blackwell, Merrill	November 25
Ryan, Dorothy	November 26
Schroeder, Sheila	November 26
Castelluccio, Gloria	November 26
Flippen, Mary	November 29
Ulsas, Thomas	November 30

COVID Vaccine Clinic

The COVID vaccine will be available at vaccine clinics on November 6 and 7.

November 6 is reserved for Independent and Assisted living residents. The November 7 clinic is for the Health Center. All vaccines will be provided in the Sycamore Library, between 9:00 am—4:00 pm both days. The times may change, so look for possible updates in the newsletter.

A Week at a Glance... Health Center

Jamie Minder

Join us for Monster Mash LIVE Music, Spooky Snacks and Hocus Pocus Punch at our Halloween Boo Bash, Tuesday, October 31, starting at 2:30pm in Juniper/Heatherwood dining room.

Willow Bingo will be canceled Oct. 31 due to the Halloween party.

Please do not take the centerpieces from the dining room tables. These were made only for the tables in each dining room. If you want floral vases for your room, join us for Art Expression every weekday morning and you can make your own!



A Week at a Glance... Assisted Living

Gabby Tijani

A huge thank you to Gabby Tijani and Jami Blanton for the fantastic decorations in the Sycamore Library!! The decorations will remain until November 1. Please take time to stroll through, but be sure to wear a mask, social distance, and do not linger with friends.



Peaceful Reflection

Chaplain April Scott

“Thank You”

October has been designated as National Clergy Appreciation Month, a dedicated period for acknowledging the valuable contributions and dedicated service provided by pastors, priests, reverends, ministers, and all individuals serving in clergy roles.

To all the working and retired clergy here at Westminster Village and all over the world, I want to say thank you! Thank you for accepting the call to serve in God’s kingdom to care for God’s people. You have made many sacrifices, written many sermons, read so many books, prayed so many prayers, held the hands of the dying, united hands in matrimony, blessed babies, baptized many, buried many, counseled the wounded and broken hearted, given direction to the lost, and encouragement to the masses. You have simply poured yourself out to care for God’s people. Thank you, thank you, thank you, and God bless you for your service to the kingdom of God.

I pray that you feel the love that you have poured out to so many. I pray that God will give you a double portion of blessings for all your labor and all that you have accomplished for his kingdom. In Paul’s first letter to Timothy chapter 5 verse 17, he says “Let the elders who rule well be counted worthy of double honor, especially those who labor in the word and doctrine.” Hebrews 13:7- “Remember your leaders, those who spoke to you the word of God.” As a thank you, I would like to share a poem with you by Poet Kris Smith.

FEED MY SHEEP

When God first called, He knew that you, His ways, and words would keep.

That’s why He gave a special job, when He said, “Feed My sheep.”

“They need someone to guide, to lead; someone to show they care, Please give them such instructions that they’ll know how much I care. Make straight their path and their desire, instruct them to be bold. That when their time on this earth ends, they’ll come into My fold. Be diligent, be strong, be true, remember what’s at stake. It wasn’t all that long ago when your heart I did wake.

So, tend these lambs, yes, feed My sheep, please teach them to obey. That when I come to take them home, I’ll find that none did stray. When from your hand your staff I take, you’ll know your work is done. As one by one each lamb is called and led home by My Son.

But till that day, please carry on, with boldness do proclaim. To all who’ve grown to know your voice, that you’ve come in My name.”

COVID Update

We have no new cases of COVID in AL and IL. This means if there are no more new cases between now and next Thursday, we can open up activities, communal dining, the salon, exercise classes, etc. on Friday.

Obviously, the activities scheduled on your calendars for next week, at least through Thursday, are cancelled. If something changes you will be notified on Touchtown and in the newsletter.

In the meantime, if you are not feeling well please stay in your apartment or cottage and get tested. Please wear masks when walking in the halls and social distance when you are around others.

Independent Living Notes

Laurie Wilson

Dining: You may place your order at any time during open hours of the Tamarack dining room: 12:00—1:30 pm and 4:30 –6:30 pm. Please pick up your orders for dinner as follows:

1st floor & Elm 4:30
2nd floor 5:00
3rd floor 5:30

Remember to mask and social distance while waiting for your order.

The small group who already have tickets for ISO on Nov 2 will be able to attend the concert with transportation.

Memorial Service for Larry Ondrejack

Saturday, October 28, 2:00 pm
Foundation Social Hall

You are invited to attend but should wear a mask and social distance. Masks will be available at the service.

Last Chance

Socktober ends on October 31. Thank you to all who have donated socks for children! If you did not have a chance to donate but still want to, you have until the end of Tuesday, October 31.

Laurie will be going to the grocery for residents on Tuesday. If you want her to pick up socks on your behalf—give her a call at 1053.

There will be no Catholic Mass next week due to the increase in COVID cases.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, October 28
1:30 Bridge Club (cl) - **Cancelled**
2:00 Ondrejack Memorial Service - **You may attend, but please wear a mask and social distance.**

Sunday, October 29
3:00 Vespers (fsh) - **cancelled**

Cancelled:

Monday, October 30
9:30 Monday in Motion (Tsh)
11:00 Bible study (cl)
11:00 The Climb (Tsh)
1:30 Storytellers: Resident storytelling group presentation (fsh)
3:00 Chimes group (2033)

Tuesday, October 31
Halloween
9:00 Grocery Shopping: Meijer
9:30 Light Lift Tuesday (Tsh)
10:00 Catholic Mass (aca)
10:00 Life Trail exercise group (door 3)
1:30 Scrabble (cl)
3:30 Halloween Happy Hour - wear a Halloween costume or outfit (fsh)

Wednesday, Nov 1
9:30 Men's Morning (cl)
1:00 Day of Dead Celebration - Movie: Coco (fsh)
2:00 Rock Steady exercise class (Tsh)
5:00 Cottager Dinner (fsh)

To be determined:
Thursday, November 2
Happy Birthday Joyce Ann Freeman
9:30 ISO Coffee Classical series—**bus will take ticket holders**
9:30 Power Pump Thursday (Tsh)
10:30 Council meeting (Tsh)
11:00 Trader Joe's/Fast Food/ Total Wine & More
3:30 Happy Hour (fsh)

Friday, November 3
9:00 Bargain Room open (Tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
10:00 Shop and Dine: Market District Grocery and lunch at Osteria's
1:30 Mahjong (cl)